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In the Claims

1. (currently amended) An apparatus for allowing a user to exercise and for providing input control signals to a video game, comprising:

- a) a base having a front anterior and a rear posterior end, a top and a bottom, and a pair of sides, wherein the user can stand or sit on said top;
- b) a vertical member being disposed on said top of said rear end of said base, said vertical member having first and second ends wherein said first end is mounted onto said base, wherein said vertical member is resistively flexible in the transverse axis, wherein said vertical member is resistively flexible in the anterior-posterior axis, wherein said vertical member is resistively flexible about the longitudinal axis;
- c) a pair of arms being disposed on said second end of said vertical member, wherein said arms each have an end, wherein said ends extend toward said front of said base, wherein said arms form a cradle about the user disposed on said base so that the back of the user is oriented toward said vertical member and the front of the user is oriented toward said ends of said arms;
- d) a hand grip being disposed on each of said ends of said arms so that the hands of the user can grasp each said hand grip;
- e) a first sensor for sensing and transmitting signals to the video game in response to movement of said vertical member by the user to permit input signals to be provided to the video game;
- f) at least one control button member disposed on said hand grip so that the user can manipulate said control button and a second sensor for transmitting signals to the video game in response to manipulation of said control button by the user; and
- g) a force/vibration feedback mechanism for transmitting separate signals ~~a signal~~ from the video game to said vertical member and hand grip in

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response to signals received from said sensors for causing movement within said resistive member and hand grip.

2. (previously presented) The apparatus of Claim 1, wherein said control member is at least one control button.

3. (previously presented) The apparatus of Claim 1, wherein said control member is a switch being disposed on said hand grip so that the user can manipulate said control switch, and a second sensor for sensing and transmitting signals to the video game in response to manipulation of said control switch by the user.

4. (previously presented) The apparatus of Claim 1, wherein said control member is a throttle.

5. (previously presented) The apparatus of Claim 1, wherein said control member is at least one 360 degree control button.

6. (previously presented) The apparatus of Claim 1, wherein said control member is at least one trigger.

7. (previously presented) The apparatus of Claim 1, wherein said control member is at least one wheel.

8. (previously presented) The apparatus of Claim 1, wherein said control member is at least one 2/3 position switch.

9. (previously presented) The apparatus of Claim 1, wherein said control member is at least one toggle.

10. (previously presented) The apparatus of Claim 1, wherein said vertical member provides resistance to a user as the vertical member is flexed by the user.

11. (original) The apparatus of Claim 10, wherein said first sensor senses movement of said vertical member in said transverse axis.

12. (original) The apparatus of Claim 11, wherein said first sensor senses movement of said vertical member in said anterior-posterior axis.

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13. (original) The apparatus of Claim 12, wherein said first sensor senses movement of said vertical member in said longitudinal axis.

14-15. (canceled)

16. (currently amended) A method for allowing a user to exercise and for providing input control signals to a video game, comprising the steps of:

- a) providing a base having a front anterior and a rear posterior end, a top and a bottom, and a pair of sides, wherein the user can stand or sit on said top;
- b) attaching a first end of a vertical member onto the top of the rear end of the base, the vertical member being resistively flexible in the transverse axis, the anterior-posterior axis, and about the longitudinal axis;
- c) attaching a pair of arms onto the second end of the vertical member, wherein the arms each have an end, wherein the ends of the arms extend toward the front of the base so as to form a cradle about the user disposed on the base so that the back of the user is oriented toward the vertical member and the front of the user is oriented toward the ends of the arms;
- d) attaching a hand grip onto each end of the arm so that the hands of the user can grasp each hand grip;
- e) sensing and transmitting signals to the video game in response to movement of the vertical member by the user to permit input signals to be provided to the video game;
- f) providing a feedback signal from the video game to the vertical member in response to the input signals wherein the vertical member then transmits a force to the user through said vertical member;
- g) mounting at least one input device onto the hand grip, said user manipulating the input device, and sensing and transmitting signals to the video game in response to manipulation of the input device by the user; and

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h) providing a feedback signal from the video game also to the hand grip in response to the input signals wherein the hand grip then transmits a force to the user whereby the user senses this feedback in both of the vertical member and the hand grip.

17-19. (canceled)